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done much for the children of the next generation; you will have done more for the people at home and you will have done most of all for the men who are doing their duty on the other side.

WAR RECIPES FOR INVALID COOKERY

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Oatmeal Pie Crust (Individual Pies).

$\frac{3}{4}$ cup oatmeal flour, $\frac{1}{4}$ cup boiling water, $\frac{1}{2}$ teaspoon butter (or other fat), $\frac{1}{8}$ teaspoon salt.

Chop fat into the flour with a knife, and add boiling water. Roll thin and bake on bottom side of individual tart tins in a hot oven. The pastry is more easily put on the bottom of the tin than inside and bakes better that way. Just before serving fill these pastry shells with stewed fruit or other simple pie filling. If oatmeal flour cannot be obtained it may be made by putting oatmeal through the finest division of the meat grinder. If pastry is too sticky to roll out add more flour, and use oatmeal flour on the board also. This is a real war pastry containing no wheat and a minimum of fat. It is easily digested and may be eaten by any patient on full diet, when ordinary pastry could not be given.

Sponge Cake with Barley Flour.

1 egg, $2\frac{1}{2}$ tablespoons sugar, $\frac{1}{2}$ teaspoon lemon juice, $2\frac{1}{2}$ tablespoons of barley flour, a few grains of salt.

Separate egg, and beat yolk with a fork until thick and lemon colored. Add sugar gradually and continue beating with a Dover egg beater. Add lemon juice and white of egg, beaten stiff and dry, and fold into the mixture. Sift flour before measuring and again after, and cut and fold the flour lightly into the mixture. Add salt with the flour. Bake in buttered muffin tins in a slow oven for about half an hour. When cool remove from tins. This recipe makes four small cakes muffin size, or three cakes if tins are large. The same amount of honey may be substituted for the sugar in this recipe with very good results.

Recipes with Honey.

Honey is coming into use now as a war substitute for sugar in cookery. It is especially adaptable to many uses in invalid cookery. Almost any dessert may be sweetened with honey instead of sugar, and a very delicate flavor is obtained. Honey is mildly laxative, and

is more easily digested than sugar. The honey recipes following will be found to have an excellent flavor and are liked generally by patients.

Honey Rice Pudding.

$\frac{1}{2}$ cup boiled rice, 3 tablespoons strained honey, 6 tablespoons milk, 1 egg, a few grains of salt.

Beat the egg and mix all ingredients together. Bake in greased individual baking dish in a moderate oven until thick and brown on top. The egg may be omitted if a pudding not quite so rich is desired.

Honey and Bran Cookies

$1\frac{1}{2}$ tablespoon butter (or other fat), 4 tablespoons strained honey, 1 egg, $\frac{1}{8}$ teaspoon soda, $\frac{1}{2}$ teaspoon spices, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ cup bran.

Cream fat and honey together. Add unbeaten egg and mix well. Add other ingredients and drop from a teaspoon on buttered pan. Bake in moderate oven. Makes rather a large number of cookies for individual use, but a smaller quantity is not very practical in working out. Both the bran and honey are laxative.

Honey Ice Cream.

1 cup thin cream, 4 tablespoons strained honey.

Mix honey and cream well, and freeze. This amount is for a little individual freezer. It can also be made by putting the mixture in a baking powder tin, and immersing this in a bowl of ice and salt. The top should be on tight and the can turned constantly with a rotary motion until the mixture is frozen. Occasionally open the can and scrape the cream down from the sides and stir while freezing. It will freeze quickly and this is an excellent way to make a small quantity of ice cream when an individual freezer is not available.

Honey Cream.

$\frac{1}{2}$ cup whipping cream, 1 tablespoon honey.

Whip the cream and add the honey. Mix well. Arrange stale lady fingers or sponge cake in the bottom of a glass saucer and pour the cream mixture over it. Serve very cold. This will make two servings.

In working out all the foregoing recipes, level measurements should be made in every case, and a standard measuring cup should also be employed. It is especially necessary to make very accurate measurements when using small individual quantities in order to ensure good results. These recipes are the so-called individual recipes, but most of them will make two servings. It is not very

practical to make recipes with smaller quantities than those stated above.

Soft Corn Bread.

$\frac{1}{4}$ cup white corn meal, 5 tablespoons boiling water, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup boiled rice, 1 egg, 1 teaspoon melted butter, $\frac{1}{8}$ teaspoon salt, $\frac{1}{4}$ teaspoon baking powder.

Pour boiling water over corn meal, add other ingredients, separating the egg and adding the stiffly beaten white last. Bake in greased individual baking dish for half an hour in a moderate oven. To be served with butter and eaten with a fork.

Baked Rice with Nuts.

$\frac{1}{2}$ cup boiled rice, 2 tablespoons ground walnuts, 2 tablespoons canned tomato, 2 teaspoons olive oil, $\frac{1}{8}$ teaspoon salt, pepper, paprika.

Mix all together. Bake in greased individual baking dish for twenty minutes in a moderate oven.

Baked Omelet.

Separate an egg. Put the yolk in a saucer, taking care not to break it. Beat the white until stiff and season with salt and pepper. Grease an individual baking dish, and arrange the white in it making a hollow nest in the center. In this center put a small piece of butter, and then carefully slide the yolk from the saucer into the center of the white. Season with pepper, salt and butter, and bake in a hot oven until the white begins to brown and the yolk is set. Serve at once. This is an attractive looking dish, and makes a nice change when it is necessary for a patient to have eggs frequently.

Prune Jelly.

1 teaspoon granulated gelatine, 1 tablespoon cold water, $\frac{1}{2}$ cup prune juice, 1 teaspoon lemon juice, sugar.

Soak gelatine in the cold water. Heat prune juice to boiling point, and pour over gelatine stirring until dissolved. Add lemon juice, and sugar to taste. Mould in a sherbet glass, and put in a cold place until firm. Serve with cream. This is a good way to use up a little prune juice which may be left after stewed prunes are served or after prune whip is made. The amount of sugar in the recipe depends upon the amount of sugar which was used when the prunes were originally cooked.